

Games

Bingo : No registration required. \$1 at door. Refreshments served; Prizes.

Game Time: Mexican Train Dominoes, cards, and board games are available or bring your own! \$1 at door. No registration required. Refreshments served.

Farkle: No registration required. \$2 at door. Refreshments served.

Recurring Activities

Book Review: Come hear about what others are reading and share your latest find. No assigned reading. Refreshments served. No registration or fee required.

Sewing On the Line Quilt Guild: Share ideas while learning new skills and contribute to the community by donating quilts to area charities.

Sing-a-long Choir: Meet new friends while singing favorites from the past! Join anytime. No registration or fee required.

Yarn Connection: Learn new skills and have fun with friends. We provide yarn, hooks/needles, patterns, snacks and laughter. Help the community by working on charitable projects. No registration or fee required.

Exercise Classes

Chair-side Exercise: The focus is range of motion and strength exercises using optional light weights. Some standing and sitting required. No registration or fee required.

Move It or Lose It: The focus is range of motion and strength exercises. Some standing and sitting required. No registration or fee required.

Vita Band: Use resistance bands for range of motion and strength exercises. Some standing and sitting required. No registration or fee required.

Council on Aging Policies

The programs and events listed on the calendar are held at the *Council on Aging*, 1830 S. Broadway, unless otherwise noted. Please refer to the individual flyer on each function for more detailed information or call 913-684-0777.

Age Eligibility: All activities, programs, and events are open to adults age 50 and older, unless otherwise specified. Contact the Leisure and Learning department at 913-684-0777 for information.

Registration and Payment Policy:

All activities, programs and events require registration unless noted. Functions that require a program fee must be paid in advance at time of registration unless noted as "Pay at Door." Registration is on a first come basis for events hosted at the COA.

Cancellation Policy: A function that requires a program fee paid in advance must be cancelled more than 3 business days prior to the function to receive a refund. Cancellations received less than 3 business days prior will not be refunded.

Transportation: If you need transportation to and from any function please call the transportation desk, 684-0778 or 684-0808, to schedule a ride. Please refer to the transportation policy for scheduling times and rider information. There is a fee for transportation.

Consumer Rights: All services are provided without discrimination on the basis of race, color, religion, national origins, or sex. If you feel you have been discriminated against you have the right to file a complaint. Please contact the Director at (913) 684-0777.

For the hearing impaired TTY # 1-800-766-3777

Si sientes que has sido discriminado, llame al
1-866-305-1343

LEAVENWORTH COUNTY COUNCIL ON AGING

JANUARY 2022

Leisure & Learning Program Calendar of Events



1830 S. Broadway
Leavenworth, KS,
66048
Telephone: 684-0777
Fax: 684-0779

E-mail: seniors1st@leavenworthcounty.gov
Website: www.leavenworthcounty.gov/COA

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday	New Events
3 Coffee Group 9:00-10:00am Grief Support Group 10:30-11:30am	4 Let's Roll with Sister Vicki* 11:00—3:30pm Sing-a-Long Choir 1:00-2:30pm	5 Bingo 1:00-2:30pm	6 COA Community Outreach at Exchange Bank in Easton 10:00-11:00am	7	Around Emily's Kitchen Table: Cooking class featuring crockpot creamy Italian chicken. RSVP; prepay by Jan. 10.; \$6 includes demo, recipes and lunch. Book Review: Now on the 2nd Monday at 10:00 am. No assigned reading, share about your latest find and hear what's new from the Leavenworth Library. Let's Get Sewin': Like to sew? Cut fabric or patterns? Give back to our community and meet friends while having fun! Projects and all supplies provided. No fee or registration.
10 VitaBand Exercise 8:30 – 9:30am Move It or Lose It Exercise Class 9:30 - 10:00am COA Community Outreach at Tonganoxie 10:00-11:00am Book Review 10:00-11:00am Let's Get Sewin' 1:00-3:00pm	11 Let's Roll with Sister Vicki* 11:00—3:30pm	12 Chair-side Exercise 8:30–9:30 am Move It or Lose It Exercise Class 9:30 - 10:00am Caregiver Support Group 1:00-2:30pm @ Tonganoxie Riford Center Game Time 1:00-3:00pm	13 <i>Sewing on the Line</i> Quilt Guild 1:00-3:00pm	14 Around the Emily's Kitchen Table 11:00am-12:30pm	Let's Get Sewin': Like to sew? Cut fabric or patterns? Give back to our community and meet friends while having fun! Projects and all supplies provided. No fee or registration.
17 Closed: Martin Luther King Jr. Day	18 Let's Roll with Sister Vicki* 11:00—3:30pm Sing-a-Long Choir 1:00-2:30pm	19 Chair-side Exercise 8:30–9:30am Move It or Lose It Exercise Class 9:30 -10:00am Bingo 1:00-2:30pm	20 COA Community Outreach at Basehor Library 9:00-10:00am Yarn Connection Group 1:00-3:00pm	21 Lunch and a Movie 11:30 am	Mystery Breakfast: This surprise destination might make you think we're going to take flight. RSVP; \$7 for transportation, breakfast on your own.
24 VitaBand Exercise 8:30 – 9:30am Move It or Lose It Exercise Class 9:30 - 10:00am Let's Get Sewin' 1:00-3:00pm	25 Let's Roll with Sister Vicki* 11:00—3:30pm Cornhole 1:30-2:30 pm	26 Chair-side Exercise 8:30–9:30am Move It or Lose It Exercise Class 9:30 - 10:00am Dementia Caregiver Support Group 10:30-11:30 am Farkle 1:00-3:00pm	27 COA Community Outreach at Linwood Library 9:00-10:00am	28 Winter Warmup Luau 1:00pm	Lunch & a Movie: <i>My Dog Skip</i> with lasagna rollups, green salad, garlic bread and cannoli cake. RSVP—limited seating; prepay \$4. Cornhole: Play a popular yard game inside where it's warm! No fee or registration.
31 VitaBand Exercise 8:30 – 9:30am Move It or Lose It Exercise Class 9:30 - 10:00am			 Sponsored by: Council on Aging 1830 S. Broadway Leavenworth, KS,		Winter Warmup Luau: Wear your tropical attire and enjoy a break from the cold! We'll be serving tropical treats and beating the winter blues. RSVP; \$3 at event.

*For additional information about *Let's Roll with Sister Vicki*, please contact Elaine Belardo at *The Deeper Window Association*: (301) 676-7538.
 Newly-added activities are represented in bold print.